

*Brought to  
you by the  
Bedford City  
& County  
Recreation  
Departments  
& the Bedford  
Area Family  
YMCA*

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# Bedford Recreation Rundown

April - September 2009

## SPECIAL EVENTS

### *Pet Pic's with the Easter Bunny*

**Date:** April 4, 2009

**Time:** 1:00—5:00 p.m.

**Location:**

Liberty Lake Park  
Peaksview Shelter

**Cost:** \$5.00 & up

Bring your best friends (or kids) to the park on Saturday afternoon and let them enjoy the holiday festivities. Have your pooch's picture taken with the Easter Bunny and create lasting memories. Packages start at \$5.00. For more information, please call 587-6061.

### *Opening Day at Falling Creek Park*

**Saturday, May 16, 2009**

Join Bedford County Parks and Recreation at the official Grand Opening of Falling Creek Park on the afternoon of May 16, 2009. Details of the event are ongoing and additional information is available from BCPRD. Food and entertainment will highlight the afternoon and the evening will conclude with the first of four outdoor movies planned as part of the Hollywood in the Hills summer movie series. The 250-acre park is located off Falling Creek Road on property adjacent to the County's Nursing Home. The natural setting with picnic shelters, playground equipment, a fitness trail, various outdoor game courts, disc golf and over 12 miles of marked trails for walkers, hikers, mountain bikers, runners and others, offers a variety of leisure opportunities for all ages. The near future will see a skateboard park along with efforts to renovate the "red barn" located adjacent to the park. For more information, please call the Bedford County Recreation Department at 586-7682.

## *Summer Concert Series*

**Date:** July 18, 2009  
August 15, 2009  
September 19, 2009

**Location:** Greenwood Park  
Edmund Street Park  
Liberty Lake Park

**Time:** 1:00—5:00 p.m.

**Cost:** Free of Charge

Come out to the park for some fun in the sun. One Saturday a month we will have our Summer Concert Series full of events for the entire family. Kids activities will be provided as well as live bands. Come on out and get to know your neighborhood Parks! For more information, please call the City of Bedford Recreation Department at 587-6061. Hope to see you there!

## DO YOU DARE?



## SPECIAL EVENTS Cont.

### *VA DeRailer Bike Race*

Date: Saturday, May 16, 2009  
Time: 11:00 a.m.  
Location: Falling Creek Park  
Cost: \$20.00 pre-registration  
\$25.00 day of entry fee

The City of Bedford and Bedford County Parks & Recreation will be hosting its seventh annual VA DeRailer Bike Race. This annual race at Falling Creek Park in Bedford County, VA. will offer variety, challenge and

most importantly FUN! With trails like "Fat Albert", "Slickrock", "Sleepy Hollow" and "Gambler's Choice" the 7.5 mile course rocks through Bedford County's Falling Creek Park as if intended to elicit ear to ear grins. Oh, wait! That is the intention! Bring the family and enjoy the other amenities within the park. Classes will start as follows: Expert/Pro; Sport/Single speed/Clydesdale; Novice. Each class will have a staggered start with 2 minute intervals. For more information, please call Bedford County Parks and Recreation at 586-7682 or go to <http://vaderailerseries.com>

### *World Tai Chi Day*

Date: April 25th, 2009  
Time: 10:00a.m.  
Location: Vinton War Memorial  
Cost: Free

We will celebrate the 11th annual World Tai Chi and Qigong day. This event falls on the same weekend as the Town of Vinton's annual Dogwood Festival. Contact Tai Chi instructor Steve Garay at 540-797-1256 for more information.

### **Y** *Spunky Spring 5K Run*

Date: April 4th, 2009  
Time: Race starts at 9:30 a.m.  
Location: Smith Mountain Lake  
Cost: \$15.00 pre registration \$20.00 on race day

Mark your calendar! The 2nd Annual Moneta YMCA Spunky Spring 5K Run/Walk and Children's Fun Run/Walk will be on 4/4/09 at Mariner's Landing at Smith Mountain Lake. For more information, please go to [www.bedfordymca.org](http://www.bedfordymca.org) or call Mary Beverley, Moneta YMCA Program Director at 540-296-1059.

# *4th of July Fireworks*

**Date:** July 4, 2009

**Time:** at dark (9pm-ish)

**Location:** Set off from the D-Day Memorial

Go to your favorite location around town and watch the fireworks. It's always a great show!

## **TRIPS**

### *City Recreation Department Trips in Progress*

**Football hall of Fame—Game & Tour**

**Chincoteague Pony Swim**

**Tour of the White House & Washington DC**

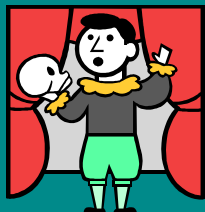
**Opera in Washington DC**

**Biltmore Estate at Christmas Time**

**Professional Football Game**

**New Years Eve in VEGAS!**

Check back with the City of Bedford Recreation Department for more information on these and other upcoming trips. We can be reached at 587-6061.



## TRIPS Cont.

### *Wohlfahrt Haus Dinner Theatre*

**Date:** April 9, 2009  
"Best of Broadway"  
June 11, 2009  
"The King and I"  
July 23, 2009  
"Golden Oldies"  
September 17, 2009  
"Thoroughly Modern Millie"

**Cost:** \$45.00 per person

**Location:** Wytheville, VA.

**Time:** depart at 9:30 a.m.

Price includes transportation on the county or city recreation bus, complete lunch and matinee ticket to show. Seats on the bus are assigned in the order that payment is received. For more information, please call the county recreation department at 586-7682 or the city recreation department at 587-6061.



Put some  
South in  
your mouth!

### *Reba Farm Inn*

**Date:** April 21, 2009

**Time:** 11:30 a.m.—3:00

**Location:** Depart from  
Liberty Lake Park

**Cost:** \$25.00

**Deadline:** April 15, 2009

Price includes round trip transportation, lunch at Reba Farm Inn, and a historical overview and discussion of the "Reba Community" which was established before Bedford, Virginia. For more information, please contact Reba Farm Inn at 586-1906. To register, come by Liberty Lake Park or call the City Recreation Department at 587-6061.

### *Paula Deen & Savannah Scenes*

**Date:** May 14—17, 2009

**Time:** Thursday at 6 a.m.  
Sunday at 5 p.m.

**Location:** Savannah, Georgia

**Cost:** \$445.00

**Deadline:** April 24, 2009

Price includes round trip transportation, breakfast on day of departure, 3 nights lodging, 3 complimentary breakfasts at the hotel, Paula Deen Tour, Lunch at Uncle Bubbas Oyster House, Sorrel-Weed House tour, and Buffet dinner at the Lady & Sons Restaurant. On Friday, you will be able to choose from many different tour options and suggested restaurants. Register early, seats are limited! For more information or to register, please call the city recreation department at 587-6061.

# *Bedford County Winery Tours*

<b>Date:</b>	<b>April 25, 2009</b>	<b>Date:</b>	<b>May 23, 2009</b>	<b>Date:</b>	<b>June 20, 2009</b>
<b>Time:</b>	<b>11:30 a.m.— 5:00 p.m.</b>	<b>Time:</b>	<b>11:30 a.m.— 5:00 p.m.</b>	<b>Time:</b>	<b>11:30 a.m.— 5:00 p.m.</b>
<b>Location:</b>	<b>Liberty Lake Park</b>	<b>Location:</b>	<b>Liberty Lake Park</b>	<b>Location:</b>	<b>Liberty Lake Park</b>
<b>Cost:</b>	<b>\$15.00</b>	<b>Cost:</b>	<b>\$15.00</b>	<b>Cost:</b>	<b>\$15.00</b>
<b>Winery:</b>	<b>Hickory Hill &amp; White Rock Vineyards</b>	<b>Winery:</b>	<b>Leo Grande &amp; Savoy-Lee Vineyards</b>	<b>Winery:</b>	<b>Peaks of Otter Winery &amp; the Visitor Center</b>

The City of Bedford Parks and Recreation, in conjunction with the Bedford Welcome Center, is sponsoring wine tours through beautiful Bedford County. At the wineries you can expect a unique experience while enjoying the beautiful scenic views. Don't forget to get your Bedford Wine Trail brochure stamped at each winery and we will bring it to the Bedford Welcome Center on our last trip for a complimentary Bedford Wine Glass.



## *Andre Viette Nurseries*

**Date:** Tuesday, May 26, 2009

**Time:** Depart at 8:00 am

**Place:** Staunton, VA

**Cost:** \$29.00

Price includes: Visit to Andre' Viette Nursery & Gardens, Harpers Water Garden & Statuary in Harrisonburg & lunch at South River Restaurant in Waynesboro. For more information, contact the Bedford County Recreation Department at 586-7682.

## *Blue Ridge Dinner Theatre*

<b>Date:</b>	<b>June 10, 2009</b>	<b>"Wedding Bells"</b>
	<b>July 1, 2009</b>	<b>"Arsenic and Old Lace"</b>
	<b>August 25, 2009</b>	<b>"Nunsense" (Evening Performance)</b>
<b>Cost:</b>	<b>TBA</b>	
<b>Location:</b>	<b>Ferrum, VA.</b>	
<b>Time:</b>	<b>Bus will depart at 10:00 a.m. from Westgate Shopping Center For matinee performance.</b>	

Price includes transportation on the county recreation bus, complete lunch (tip not included) and matinee ticket. Call the County Recreation Department at 586-7682 for more information.

## TRIPS Cont.

### *Mount Vernon, Arlington Cemetery, National Archives & Smithsonian*



**Date:** June 13 & 14, 2009  
Saturday & Sunday

**Time:** Depart at 6:30 am

**Place:** Washington D.C.

**Cost:** \$189.00 per person double;  
\$179 per person triple; \$174  
per person quad; \$229 for  
single occupancy.

Price includes: Round trip motor coach transportation, Hardee's biscuits and juice upon departure. Admission to Mt. Vernon, tour of Arlington Cemetery, one nights lodging, breakfast at hotel, tour of National Archives, Smithsonian and other D.C. sights and a tour host. For more information, please call the County Recreation Department at 586-7682.

### *Barn Dinner Theatre*

**Date:** July 7, 2009 "One Mo' Chance"  
September 15, 2009 "Buddy Holly"

**Cost:** \$45.00 per person

**Location:** Greensboro, N.C.

**Time:** Depart at 10:30 a.m. from  
Westgate Shopping Center

Price includes transportation on the city and county recreation buses, complete buffet meal and matinee ticket. For more information, please call the County Recreation Department at 586-7682 or the City Recreation Department at 587-6061.

### *AmTrack to Baltimore*

**Date:** July 18 & 19, 2009  
Saturday & Sunday

**Time:** Depart at 7:30 am

**Place:** Petersburg VA to  
Baltimore MD

**Cost:** \$259.00 per person  
double; \$249 per  
person triple; \$239  
per person for quad;  
\$299 for single  
occupancy.

Price includes: Round trip motor coach transportation, visit to Petersburg Olde Town and Baltimore's Inner Harbor, Amtrak ticket for 4-hour train ride, one nights lodging, breakfast at hotel and a tour host. For more information, please call the County Recreation Department 586-7682.



## *American Mountain Theatre*

- Date:** Saturday & Sunday, August 15 & 16, 2009
- Time:** Depart at 7:30 am
- Place:** Green Bank & Elkins WV
- Cost:** \$239.00 per person double occupancy; \$229 triple; \$224 quad and \$279 for single occupancy.

Price includes: Round trip motor coach transportation, lunch at NRAO, ticket to American Mountain Theatre, one night's lodging, breakfast at hotel, ticket on New Tygart Flyer train, lunch on train and a tour host. For more information, please call the County Recreation Department at 586-7682.

## *Green Valley Book Fair*

- Date:** August 28, 2009
- Time:** Depart at 8:00 a.m. from the County Recreation Dept.
- Place:** Harrisonburg, Virginia
- Cost:** \$17.00 per person

Join us on Friday, August 28, 2009 as we travel to Mt. Crawford, VA. Located just south of Harrisonburg, Virginia, in the heart of the beautiful Shenandoah Valley, the Green Valley Book Fair is a discount book outlet store featuring over 500,000 new books at incredible bargain prices. Save 60% to 90% off retail on over 40,000 different titles in more than 60 different categories – including fiction, history, health and self-help, children's books, religion, science, sports, cooking, gardening, crafts, art, reference, computer books, nature and outdoors, and more. Price includes transportation the county bus and lunch at Mrs. Rowes.



## *Labor Day in New York City*

- Date:** Saturday-Monday, September 5-7, 2009
- Time:** Depart at 6:00 am
- Place:** New York City
- Cost:** \$389.00 per person double occupancy; \$379 triple; \$369 quad and \$499 for single occupancy.

Price includes: Round trip motor coach transportation, Hardee's biscuit and juice upon departure, 2 nights lodging, 2 breakfasts at hotel, admission to the Empire State Building Observatory, ferry ticket to Statue of Liberty and a tour host. For more information, please call the County Recreation Department at 586-7682.





HI  
YALL!



## TRIPS Cont.

### *Joel Osteen*

**Date:** September 11& 12, 2009  
Friday & Saturday,  
**Time:** Depart at 8:00 am  
**Place:** Charlotte, NC  
**Cost:** \$239.00 per person  
double occupancy; \$229  
triple; \$224 quad  
and \$279 for single  
occupancy.

Price includes: Round trip motor coach transportation, visit to Billy Graham Museum, ticket to Joel Osteen event, one night lodging, breakfast at hotel, lunch and ticket to "The Gospel According to Tennessee" and a tour host. For more information, please call the County Recreation Department at 586-7682.

### *Savannah Scenes & Paula Deen's*

**Date:** October 10-12, 2009  
Saturday-Monday,  
**Time:** Depart at 6:00 am  
**Place:** Savannah, GA  
**Cost:** \$365.00 per person  
double occupancy;  
\$355 triple; \$345 quad  
and \$435 for single  
occupancy

Price includes: Round trip motor coach transportation, Hardee's biscuits and juice upon departure, two nights lodging, two breakfasts at hotel, step on guide for Low Country tour and Savannah tour, an all inclusive lunch at Paula Deen's Lady and Sons Restaurant, visit to Tybee Island and a tour host. For more information, please call the County Recreation Department at 586-7682.

### *Fall Foliage & Amtrak Train Ride*

**Date:** October 17 & 18, 2009  
Saturday & Sunday  
**Time:** Depart at 6:00 am  
**Place:** Fayette County, WV  
**Cost:** \$229.00 per person  
double; \$219 triple;  
\$214 quad and \$269  
for single occupancy.

Price includes: Round trip motor coach transportation, Hardee's biscuits and juice upon departure, visit to Bridge Day, visit to Tamarack, one nights lodging, breakfast at hotel, ticket on Amtrak from Prince, WV to Clifton Forge, VA, visit to Clifton Forge Fall Harvest Festival and a tour host. County Recreation Department at 586-7682.



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## CLASSES & CLUBS Cont.

### *Volunteer Program*



#### WE NEED YOU!

Looking for a fun way to be involved in the community? Then come out to Liberty Lake Park and sign up to be a volunteer. It's a great opportunity for youth and teens to be involved in the community. Volunteers will have the opportunity to help revitalize our city parks and assist in special events. This is a great way for everyone in the family to get involved and take pride in their community. Contact the City of Bedford Parks and Recreation at 587-6061 for more information.

### *Country & Western Line Dancing*



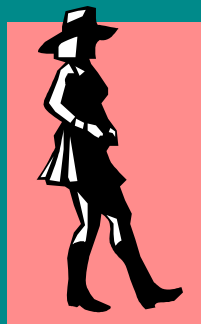
<b>Day:</b>	Tuesday
<b>Time:</b>	5:30 P.M.
<b>Location:</b>	Forest Recreation Center
<b>Cost:</b>	\$35.00 for 6-week class

Instructor is Linda Parker. Call 586-7682 for dates on new classes.

### *Peakview Square*

<b>Date:</b>	Tuesdays	1 <sup>st</sup> & 3 <sup>rd</sup> Saturdays
<b>Time:</b>	6:30 – 9:30 p.m.	7:30 – 10:00 p.m.
<b>Location:</b>	Bedford Middle School Cafeteria	

Sponsored by the City of Bedford Department of Parks & Recreation. For further information, please call Paul or Nancy Childers at (434) 239-2706.



## Tai Chi for Health

**Day:** Mondays  
**Time:** 6:45 P.M.  
**Location:** Old County Nursing Home  
**Cost:** \$85.00 for 10-week class



Tai Chi is fun and easy to learn. Anyone from 9-90 can enjoy this activity. It is an exercise consisting of slow, relaxed movements that help develop internal and external balance and harmony. Join instructor, Steve Garay and the Bedford County Parks and Recreation while we have fun and get fit.



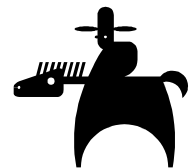
## Tai Chi for Health

**Date:** Mondays  
May 11 & August 10, 2009  
**Time:** Noon —1:00 p.m. Beginning  
**Location:** Liberty Lake Park  
Community Room  
**Cost:** \$85.00 for 10 sessions

Tai Chi is fun and easy to learn. It is an exercise consisting of slow, relaxed movements that help us develop internal and external balance and harmony. Studies have shown that Tai Chi can improve circulation and flexibility; build muscle strength; improve balance; increase fitness level; relax the body; and clear the mind. Regular practice of Tai Chi will slowly, yet measurably, improve your overall fitness and harmony. Come join instructor Steve Garay for some fun and get fit.

## Moonlight Trail Rides

**Date:** Saturday, May 9, 2009                      Thursday, August 6, 2009  
**Time:** 7:00 p.m.    7:30 p.m.  
**Location:** Meet at Liberty Lake Park for a ride to Reba Farm  
**Cost:** \$40.00 per person



Come and join the City of Bedford Parks and Recreation department for some horse back riding by moonlight. This will be a romantic trip for anyone who enjoys the great outdoors. We will meet at Liberty Lake Park at 7:00p.m. and travel to Reba Farms for the evening. The rides will last for approximately one to two hours. Please register with the City of Bedford Parks and Recreation Department.



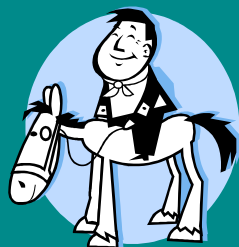
## CLASSES & CLUBS Cont.

### *Family Horse Clinic*

**Date:** Monday, June 22, 2009  
**Time:** 9:00 a.m.  
**Location:** Meet at Liberty Lake Park to ride out to Reba Farm  
**Cost:** \$40.00 per person

Like horses? Ever wanted to learn more about them or have some hands on experience? Want to create lasting memories for you and your kids? This clinic is perfect for you and your family. The family horse clinic will be a great experience for both the young and young at heart. Participants will gain and/or expand their knowledge of horses and end the day with a trail ride ( about 1 to 1.5 hours) through the Blue Ridge Mountains. For more information on program content, please call Reba Farm Inn at 586-1906. To register, please call 587-6061 or come by Liberty Lake Park offices between the hours of 8:30 a.m. and 5:00 p.m. There is a minimum of 10 and maximum of 20 participants required.

Register early to reserve your space.



### *Overnight Horseback Riding & Camping*

<b>Date:</b>	Friday, June 26, 2009 thru June 27, 2009	Come enjoy a night in the great outdoors at Reba Farms. We will depart Liberty Lake Park at 2p.m. Friday and camp that night at the farm. The next day will be full of horse back riding. Price includes tents, sleeping bags, campfire dinner and breakfast, snacks and beverages. We will return to the park Saturday at Noon.
<b>Location:</b>	Reba Farm	
<b>Depart:</b>	Liberty Lake Park at 1:00 p.m.	
<b>Return:</b>	Liberty Lake Park 2:00 p.m.	
<b>Cost:</b>	\$130.00 per person	



## AQUATIC PROGRAMS

### *High Intensity Water Aerobics*

**Date:** Monday, Wednesday, and Friday

**Time:** 9:30—10:15 a.m.

**Location:** Bedford Area YMCA

**Cost:** Members Free; Non-Members \$5

Participants use a variety of equipment in this high intensity class.

Participants do NOT have to know how to swim

### *Arthritis Aquatic Program*

**Date:** Monday, Wednesday, and Friday

**Time:** 10:30—11:15

**Location:** Bedford Area YMCA

**Cost:** Members Free; Non-Members \$5

Endorsed by the National Arthritis Foundation, this class uses only range of motion exercises.

Participants do NOT have to know how to swim.

### *Low intensity Water Aerobics*

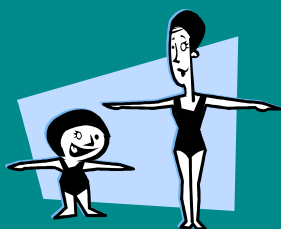
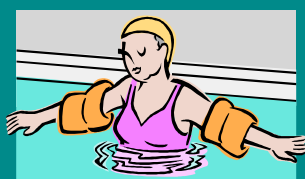
**Date:** Tuesday & Thursday

**Time:** 8:30—9:15 am

**Location:** Bedford Area YMCA

**Cost:** Members Free Non-Members \$5

Participants use a variety of equipment. This class is great for those just beginning water aerobics. Participants do NOT need to know how to swim.



## AQUATIC PROGRAMS Cont.

### *Water Aerobics*

**Date:** Tuesday & Thursdays  
**Time:** 10:00—10:45 a.m. & 7:00—8:00 p.m.  
**Location:** Bedford Area YMCA  
**Cost:** Members are free; Non-Members \$5.00

Participants use a variety of equipment in shallow water. This class is great for those just beginning water aerobics. Participants do NOT need to know how to swim.

### *Water Aerobics/Yoqua*

**Date:** Tuesday & Thursdays  
**Time:** 3:45—4:30 p.m.  
**Location:** Bedford Area YMCA  
**Cost:** Members are free; Non-Members \$5.00

Participants use a variety of equipment in shallow water. The last portion of the class focuses on relaxation and core strengthening. Participants do NOT need to know how to swim.

### *Mom & Me Play Date*

**Date:** Thursdays  
**Time:** 9:30—10:00 a.m.  
**Location:** Bedford Area YMCA  
**Cost:** Members are free; Non-Members \$3.00

Bring your toddler/preschooler and meet new friends. Children will learn beginning swimming while having fun in the pool. This is an unstructured swimming class.

## Birthday Parties

The Pool is available for a minimal cost for birthday parties, group activities, or sport banquets.



## Swim Lessons



<b>Evening Dates:</b>	Mondays & Wednesdays March 16 – April 9 April 20 – May 13 May 18 – June 11 June 15 – July 9 July 13 – August 6	
<b>Time:</b>	Pike/Eel Ray Fish & Flying Fish Parent/Child Polliwog Guppy & Minnow Adult	5:30–6:00 p.m. 5:30–6:00 p.m. 5:30–6:00 p.m. 5:30–6:00 p.m. 6:00–6:45 p.m. 6:00–6:45 p.m. 6:00–6:30 p.m.
<b>Location:</b>	Bedford Area YMCA	
<b>Cost:</b>	City Resident Members: \$15.00 City Resident Non-members: \$30 County Resident Members: \$15.00 County Resident Non-members: \$40	
<b>Registration Info:</b>	Participants must be registered by the Thursday before the start date. Classes are subject to change upon enrollment. Classes MUST have 3 participants in order for the class to be held. Refunds are NOT available. Participants may move to another session of lessons in emergency situations only.	
<b>Class Descriptions:</b>	Pike/Eel—Beginner swimming for 3–5 year olds Ray—Advanced beginner swimming for 3–5 year olds Fish & Flying Fish—Students, ages 5–15, work on refining their strokes and increasing their endurance. They also improve their strokes with starts and turns and are introduced to the inverted breast stroke, the trudgen crawl, and the over-arm sidestroke Polliwog—Beginning level for school aged children Guppy & Minnow—Children continue to practice and build upon basic skills, now performing more skills without aid of a flotation device. Adult—Beginner adult swim lessons	



For more information please call the YMCA





## AQUATIC PROGRAMS Cont.

### *Lunchtime Swim Lessons*

**Date:** Tuesdays  
April 7—May 12, 2009  
May 19—June 23, 2009  
June 30—August 4, 2009

**Time:** Parent/Child 11:30 a.m. —12:00 p.m.  
Pike/Eel 12:00—12:30 p.m.

**Location:** Bedford Area YMCA

**Cost:** City Resident Members: \$15  
City Resident Non-members: \$30  
County Resident Members: \$15  
County Resident Non-members: \$40

### *Saturday Morning Swim Lessons*

**Date:** Saturdays  
February 28 – April 4  
May 16 – June 20  
July 11 – August 15

**Time:** Pike/Eel 9:30 –10:00 a.m.  
Polliwog 10:00—10:45 p.m.

**Location:** Bedford Area YMCA

**Cost:** City Resident Members: \$15  
City Resident Non-members: \$30  
County Resident Members: \$15  
County Resident Non-members: \$40

## Summer Swim Lessons



**Date:** Monday—Thursdays for 2 weeks  
 June 15—25, 2009  
 June 29—July 9, 2009  
 July 13—23, 2009  
 July 27—August 6, 2009  
 August 10—20, 2009

**Time:** Polliwog 8:30—9:15 a.m.  
 Guppy/Monnow 8:30—9:15 a.m.  
 Fish 8:30—9:15 a.m.  
 Pike/Eel 9:15—9:45 a.m.  
 Ray/Starfish 9:15—9:45 a.m.

**Location:** Bedford Area YMCA

**Cost:** City Resident Members: \$15; City Resident Non-members: \$30  
 County Resident Members: \$15; County Resident Non-members: \$40

## Beginning Synchronized Swimming

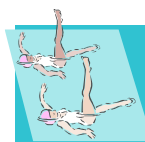
**Date:** Tuesday & Thursdays  
 March 24—April 16, 2009  
 April 21—May 14, 2009

**Time:** 5:00—5:30 p.m.

**Location:** Bedford Area YMCA

**Cost:** Members are \$15.00; Non-Members \$30.00

Synchronized swimming allows children to play and learn the basics of treading water.  
 Children will learn forward and backward rolls, water wheels, and oysters.  
 Prerequisite: Child must be able to tread water.





## AQUATIC PROGRAMS Cont.

### *YMCA Swim Team—Stroke Clinics*

**Date:** March 14, 2009  
April 18, 2009  
May 9, 2009

**Time:** 10:00 a.m. —12:00 p.m.

**Location:** Bedford Area YMCA

**Cost:** TBD

Stroke clinics are being offered for those swimmers that are ready to join the swim team or are currently on the swim team.

### *Summer Swim Team*

**Date:** Practice begins in May

**Time:** TBD

**Location:** Bedford Area YMCA

**Cost:** TBD

Our swim team is for the novice to the advanced swimmer. This is a great team sport and allows children to compete against others their own age. Meets are held in the Lynchburg area on Monday nights. For more information, please call 586-3483.

### *Masters Swim Team*

**Date:** Monday, Wednesday & Fridays

**Time:** 8:30 a.m.

**Location:** Bedford Area YMCA

**Cost:** Free to Members

Come and meet new people and find out how fun it is to swim with others. For more information, please call the Bedford Area YMCA at 586-3483.

# YOUTH PROGRAMS

## *Easter Eggstravaganza*

**Date:** April 4, 2009

**Time:** 11:00 a.m.

**Cost:** FREE

**Locations:** Liberty Lake Park, Montvale Rec. Center, Huddleston Ruritan Field, & Moneta, Body Camp, and Big Island Elementary Schools.

The Bedford City and County Recreation Departments are co-sponsoring their annual Easter Egg Hunt for

Bedford Area children up to 12 years of age. Bring a basket or bag to collect your eggs. The rain date will be Sunday, April 5, 2009 at 2:00 p.m. (egg hunt only). For questions or for more information, please call the City Recreation Department at 587-6061 or the County Recreation Department at 586-7682.



## *Guys & Dolls Promette*

**Date:** April 18, 2009

**Time:** 7:00 — 9:00 p.m.

**Location:** Bedford Elementary

**Cost:** \$5.00 per couple

Girls: put on your favorite party dress and tell your favorite guy (dad, step-dad, grandfather, uncle, brother or other adult male) that he is taking you out dancing! Guys: Turn on your charm and tell your favorite girl (mom, step-mom, grandmother,

aunt, sister, or other adult female) that you would like to take them out dancing! The City of Bedford and the Bedford County Recreation Departments are sponsoring a mini prom for youth ages 5 to 12 years of age. This promette provides parents the opportunity to show their children how to treat and expect to be treated in a social setting. Snacks, music and a ballroom dance lesson will be provided. For more information, please call 587-6061 or 586-7682.



## *Pre School Program*

**Date:** Mondays—Fridays

**Time:**

**Location:** Bedford Area YMCA

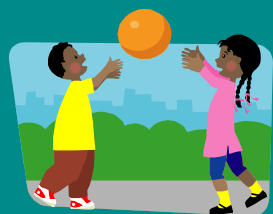
**Cost:** \$25.00 registration fee  
\$100.00 per week (full day)

Part day available

(Financial Assistance Available)

The Bedford YMCA has a full day Preschool program for children ages 2 ½ through 5 years of age and is a licensed "Success by Six" provider. The program provides a balance of child and teacher-directed lessons focusing on skills and activities that are relevant and age-appropriate. The skills that we focus on each week fall into 6 categories: Language skills, Perceptual skills, Problem-solving skills, Memory skills, Gross motor skills, and Fine motor skills. Swim lessons, gymnastics, and P.E. are included in the weekly fee. Contact Kelly Longstreet at 540-871-0434 for more information.





## YOUTH PROGRAMS Cont.



### *Before & After School Program*

**Date:** Mondays—Fridays

**Time:** Before School hours  
After School hours

**Locations:** Before & After School: Body Camp Elementary, Montvale Elementary, Stewartsville Elementary, Thomas Jefferson Elementary and the Bedford YMCA.

After School Only: Forest Elementary, Goodview Elementary, and New London Academy

**Cost:** Varies see website at [www.bedfordymca.org](http://www.bedfordymca.org)

Children ages 5-12 are welcome in any of our programs. Programs include homework time, C.A.T.C.H. KIDS, games, crafts, outdoor play, and a nutritious snack each afternoon. Registration is at the school during our program hours. Contact Nancy Mineo at 540-586-3643 or email [nancybedfordy@aol.com](mailto:nancybedfordy@aol.com) for more information on Before and After School programs and Summer Camps.



### *YMCA Summer Camp*

**Date:** Week 1 June 15-19  
Week 2 June 22-26  
Week 3 June 29-July 3  
Week 4 July 6-10  
Week 5 July 13-17  
Week 6 July 20-24  
Week 7 July 27-31  
Week 8 August 3-7  
Week 9 August 10-14  
Week 10 August 17-21

**Time:** 7 a.m.—6 p.m.

**Locations:** Bedford Area YMCA, Moneta, Montvale, Stewartsville, and Thomas Jefferson

**Cost:** \$85.00 weekly

Activities include devotions, arts, crafts, D.E.A.R. (a reading program in collaboration with the Bedford Public Library Systems), outdoor/indoor games, C.A.T.C.H. KIDS, Hop Sports, and field trips that are based on a weekly theme. There are 10 camp weeks at the Bedford Y and 8 camp weeks at Moneta, Montvale, Stewartsville, and Thomas Jefferson. The registration fee is \$20.00 per child between March 30—May 29. The registration fee will increase to \$40.00 after May 29. Each child will get a 8T-shirt. There is also a \$20 deposit per child per camp week. The \$20 deposit will be credited to each week of attendance and is non-refundable. Sign-ups begin March 30 at all school locations and the Bedford Y. Forms can be downloaded from [www.bedfordymca.org](http://www.bedfordymca.org)



## Gymnastics



<b>Date &amp; Time:</b>	Level I	Mondays	6:15–7:15 p.m.
	Level II	Mondays	7:15–8:15 p.m.
	Gym Mini Crickets	Tuesdays	1:00–1:45 p.m.
	Level III	Wednesdays	6:30–7:30 p.m.
	Kinder Gym	Thursdays	10:00–10:30 a.m.

**Location:** Bedford Area YMCA

**Cost:** Members: \$25.00    Non-members: \$50.00    per 4 week session  
Kinder Gym is \$3.00 per visit

**Class Descriptions:** *Kinder Gym*—is a semi structured class for toddlers and parents. Children will develop motor coordination and learn to interact with others. Parents participate with the coach in familiarizing children with equipment, motor skills, and class structure.

*Gym Mini Crickets*—is a structured gymnastics program for children ages 3 to 5. This is a great opportunity for children to develop social and listening skills. Focus is on developing coordination, strength, flexibility, confidence, and self esteem.

*Level I*—is a beginner gymnastics class. Students will work on all basic gymnastics skills based on USAG level 1.

*Level II*—is designed to introduce students to the next level based on USAG level 2.

*Level III*—is invitation only. It is an intermediate level gymnastics class. Students must be proficient in all basic gymnastics skills.

For more information on the Bedford Area Gymnastics Program, please check [www.bedfordymca.org](http://www.bedfordymca.org) or call Melanie Stern at 540-586-3483.

## Pitch, Hit & Run Competition

**Date:** Saturday, April 18, 2009  
**Time:** 2:00 p.m.  
**Location:** Liberty Lake Park, field #2  
**Cost:** Free of Charge

The City of Bedford Department of Parks and Recreation will hold a Pitch, Hit and Run baseball competition. This is a national skills event for boys and girls between the ages of 7 – 14

showcasing their pitching, hitting and running abilities. This is the first level of competition, where winners have the opportunity to move on and compete at higher levels of competition at various sites. Call the City of Bedford Parks and Recreation at 587-6061 for more information.

**Additional information:** All participants are required to provide a copy of their birth certificate or baptismal record before being allowed to participate at every level of competition.



## YOUTH PROGRAMS Cont.

### *Sports for Tots*

#### **Hot Tot Basketball**

Basketball Fundamentals

Wednesdays, April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> from 6:00 – 6:45 p.m.

Bedford Elementary School Gym

#### **Little Sluggers**

Baseball/Softball Fundamentals

Wednesdays, May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> from 6:00 – 6:45 p.m.

Bedford Elem. School Ball field (Class will be held in the gym if it rains)

#### **Give Me a C, Cheerleading**

Cheerleading Fundamentals

Wednesdays, June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> @ 6:00 – 6:45 p.m.

Bedford Elementary School Gym.

#### **Kinder Kickers**

Soccer Fundamentals

Wednesdays, July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> @ 6:00 – 6:45 p.m.

Bedford Elem. School Ball field (Class will be held in the gym if it rains)

**Cost:** \$15.00 per program

**Sportsmanship can not be taught early enough.** If your child is 3 or 4 years old then this program is for them. The City of Bedford Parks & Recreation is offering three basic skill programs of your favorite sport. Participants will work with area coaches to learn the basic fundamental skills for basketball, baseball/softball and cheerleading. Parents can register participants for one or all three programs. The registration deadline is one week prior to the start of the class. **Parent participation is required.** Each program must have a minimum of 10 participants to be held. For more information call 587-6061.



## City Football Cheerleading Registration

**Date:** May 25, 2009 – June 26, 2009

**Time:** 8:30 a.m. – 5:00 p.m.

**Location:** Liberty Lake Park Office

**Cost:** \$25.00 for city residents  
\$35.00 for county residents

**Deadline to register: Friday, June 26, 2009.** A \$10.00 late fee will be charged for all registrations after the deadline.

### Pee Wee League

open to all girls 7 – 8 years old

### Little League

open to all girls 9 – 10 years old.

### Junior League

open to all girls 11 – 12 years old.

**Additional information:** Participants must be signed up by their legal guardians only. Youth must be league age as of August 1, 2009. For more information call 587-6061.

## City Football Registration

**Date:** May 25, 2009 – June 26, 2009

**Time:** 8:30 a.m. – 5:00 p.m.

**Location:** Liberty Lake Park Office

**Cost:** \$25.00 for city residents  
\$35.00 for county residents

**Deadline to register: Friday, June 19, 2009.** A \$10.00 late fee will be charged for all registrations after the deadline.

### Pee Wee League

open to all youth 7 – 8 years old

### Little League

open to all youth 9- 10 years old

### Junior League

open to all youth 11 – 12 years old

**Additional Information:** Participants must be signed up by their legal guardians only. Youth must be league age as of August 1, 2009. For more information call 587-6061.



## Fall Soccer Registration



**Date:** June 1–June 30, 2009

**Time:** 9:00 a.m. – 5:00 p.m.

**Location:** Bedford Area YMCA

**Cost:** U-6 and U-8: Members: \$40.00 Non-Members: \$60.00  
U-10 and above: Members: \$45.00 Non-Members: \$65.00

The YMCA's Youth Soccer program helps kids become not only better players, but better people as well. We encourage fair play, positive competition, and family involvement. For more information, call 586-3483.



## YOUTH PROGRAMS Cont.

### *County Football , Cheerleading & Soccer Registration*

**Date:** Saturdays, June 6<sup>th</sup>, 13<sup>th</sup>, & 20<sup>th</sup> 2009

***Each local association determines sign-up locations, times and registration fees. For more information on sign-up location please contact your Association Supervisor:***

Big Island	Robbie Clark	299-6077
Body Camp	Nancy Walker	297-4362
Boonsboro	Will Sandidge	358-8188
Forest	Robin Clarke	525-6866
Goode	John Falls	851-7687
Huddleston	Ed Pippin	297-1909
Moneta	Melissa Moore	297-2784
Montvale	Marie Correll	947-2042
SCG	Trina Daniels	297-7589
Thaxton	Daniel Harmony	587-7512

For more information call the Bedford County Parks & Recreation Sports Coordinator Wyatt Woody at (540) 586-7682.

### *Bedford Youth Fishing Clinic*

**Date:** Saturday, June 6, 2009

**Time:** 10:00 a.m. – 4:00 p.m.

**Location:** Smith Mountain Lake State Park at the Visitor's Center

**Cost:** Free for Bedford City/County youth

**Deadline:** Friday, May 29, 2009

Children ages 6 to 14 will learn how to catch fish. Participants learn to cast, identify fish, how to choose bait and then tie it on the line. Fishing tackle and lunch will be provided free

to participants. Lunch for the parents is \$3.00 per person that will be paid on site that day. Parents are welcome to stay with their child and may also be an assistant group leader. Children are put into age groups so the instructors can talk to the kids on their level. The casting contest is also judged by age level. Therefore, siblings and/or friends might not be in the same group. You must register at the Bedford County Parks & Recreation by calling 586-7682. Registration is limited to the first 200 participants.



## *Horsing Around Camps*

**Date:** June 15–19, 2009  
August 3–7, 2009

**Time:** 7:30 a.m. – 12:00 p.m.

**Location:** Reba Farm

**Cost:** \$85.00 per child

This camp will meet at Liberty Lake Park at 7:30 a.m. and ride together to Reba Farm for the Horsing Around Camp. Camp will start at 8:00

a.m. and run to noon. We will be back at Liberty Lake Park at 12:30 p.m. Kids are asked to bring a bag lunch. The camp is run by Kathleen & Ron. It will include safety orientation, horsemanship, hands on grooming, learning to lead a horse, ground driving up to driving a small cart, and a short trail ride. For more information on camp content, please contact Kathleen or Ron at 586-1906. To register, please come by Liberty Lake Park Offices, Monday–Friday, between the hours of 8:30 a.m. and 5:00 p.m.

## *US Sports Institute Soccer Squirts Camp*

**Date:** Monday – Friday,  
June 22 - 26, 2009

**Time:** 5:30–6:30 p.m. for 3–5 year olds

**Location:** Liberty Lake Park

**Cost:** \$100.00 per child

**Deadline:** May 29, 2009

The US Sports Institute uses a revolutionary new system as an ideal way to introduce youngsters to the game of soccer. Participants will learn all the basic soccer techniques. This camp is offered in conjunction with the City of Bedford Parks and Recreation. Registration will be held May 4 – 29 at the Liberty Lake Park Offices from 8:30 – 5:00 p.m. Monday through Friday. For more information please call 587-6061.

## *US Sports Institute Soccer Camp*

**Date:** Monday – Friday,  
June 22 - 26, 2009

**Time:** 9:00 a.m.—12:00 p.m.

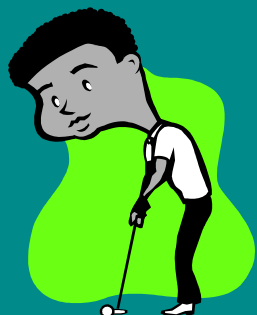
**Location:** Liberty Lake Park

**Cost:** \$150.00 per child

**Deadline:** May 29, 2009

The US Sports Institute will offer the premier soccer experience for players ages 5 – 12 and of

all ability levels. Their innovative curriculum ensures maximum learning through group activities and games that are designed to advance soccer skills in all areas. All camps follow the philosophy of safety, learning, and enjoyment. Camps are staffed by coaches from the United Soccer Academy. This camp is offered in conjunction with the City of Bedford Parks and Recreation. Registration will be held May 4 – 29, 2009 at the Liberty Lake Park Offices from 8:30 – 5:00 p.m. Monday through Friday. For more information please call 587-6061.



## YOUTH PROGRAMS Cont.

### *Hook-A-Kid on Golf*

**Date:** Monday – Friday  
July 20 – 24, 2009

**Time:** 8:30 a.m. - Noon

**Location:** West Lake Golf & Country Club

**Cost:** \$25.00 city residents/\$35.00 county residents

The City of Bedford and Bedford County Parks and Recreation Departments along with the Bedford Moose Lodge are co-sponsoring the Hook – A – Kid on Golf program. We will take 16 registrants for the clinic on a first come, first served basis. The first level of this three- level program is a tee level clinic in which locally sponsored youngsters will receive a week-long instruction clinic. Participants also receive and keep a starter set of golf clubs, a golf shirt and other supplies such as golf balls. To be eligible for participation youngsters must have never played golf, do not own a set of golf clubs, and are between the ages of 8 – 14. Registration will begin March 2, 2009. For more information call the City of Bedford Parks and Recreation Department at 587-6061.



### *Cop Camp*



**Date:** August 10 - 14, 2009

**Time:** 9:00 a.m. – 4:00 p.m.

**Location:** Bedford Middle School

**Cost:** Free of charge

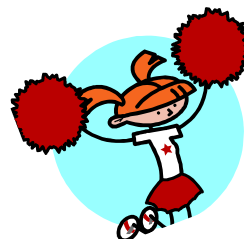
Join us for instruction on life skills, conflict resolution, goal setting, healthy self image, and cultural awareness & sensitivity. Cop Camp also explores the inner workings of law enforcement, such as evidence handling, juvenile law and K-9 training. This camp offers an opportunity for kids to build self-esteem in a fun learning environment through team sports, swimming, learning about the outdoors while gaining an appreciation for nature, and making

lasting friendships through team building exercises. *And--it's free!* This program is sponsored by Bedford City Police Department, Bedford County Sheriff's Office, City of Bedford Parks and Recreation Department, and the Bedford County Parks and Recreation Department. Registration will begin July 1, 2009 from 8:30 a.m. – 5:00 p.m. at the Liberty Lake Park offices. We will be accepting 125 children between the ages of 9 - 15. Registrations will not be taken over the phone and will not be accepted without the completed paperwork. Once we have reached our capacity, children with completed registration forms will be placed on a waiting list. For more information or to register, please call 587-6061.

## Cheerleading Camp

**Date:** July 13–17, 2009  
**Time:** 9:00a.m.—12:00p.m.  
**Location:** Liberty Lake Park  
**Cost:** Free to all registered recreation league cheerleaders ages 5–12.

This week long camp offers personalized instruction in safety, cheers, chants, stunts, and dance. Please register at Liberty Lake Park by July 1, 2009.



## Girls Volleyball Program

**Date:** September 1 – 30, 2009  
**Time:** 8:30 a.m. – 5:00 p.m. (M-F)  
**Location:** Liberty Lake Park Office  
**Cost:** \$25.00 city residents  
 \$35.00 county residents

contact the City Recreation Department at 587-6061. The maximum number of participants is 50. Play begins on or around October 1, 2009. For more information, please call 587-6061.

The Girls Volleyball program will be played as a skills building program, but will also have participants assigned to teams for actual match play. Girls ages 8 – 14 years will be assigned to specific teams by the Recreation Department, and will play games/matches beginning in October and continue into early November. Individuals interested in coaching should



## Youth Connections Dance

**Date:** September 26, 2009  
**Time:** 6:00 – 9:00 p.m.  
**Location:** Bedford Science and Technology Center  
**Cost:** \$3.00

The City of Bedford Parks & Rec. Dept. will be sponsoring a teen dance the night of Centerfest. There will be pizza, sodas, prizes and music. This dance is for youth ages 10 – 15. The school dress code will be enforced. For more information, please call City Parks and Recreation at 587-6061.



## ADULT PROGRAMS

### *Adult Church Co-ed Softball*

**Date:** Play begins mid July 2009 (tentatively)  
**Time:** 6:00 p.m. – 8:00 p.m. (M-F)  
**Location:** Bedford County Parks & Recreation office  
**Cost:** \$100.00 per team

Bedford County Parks & Recreation will be offering an Adult Church Softball League. **Completed rosters must be submitted by June 1, 2009.** Participants must be 16 years old to play. All participants on a team must be a member of the church that is registered, (with a maximum of 2 participants not members of that church). Games will be double headers played on week nights (no Wednesdays or Fridays) with the possibility of Saturday being used as a make-up day. For more information call 586-7682.

### *Adult Co-ed Softball*

**Date:** following the adult church co-ed softball league  
**Time:** 6:00—8:00 p.m. (M-F)  
**Location:** Bedford County Parks & Recreation  
**Cost:** \$100.00 per team

Bedford County Parks & Recreation will be offering an Adult Co-ed Softball League. **Completed rosters must be submitted by July 1, 2009.** Participants must be 16 years old to play. Games will be double headers played on week nights with the possibility of Saturday being used as a make-up day. For more information call 586-7682.

### *Football Officials Training*

<b>Date:</b>	<b>Time:</b>
Tuesday, August 4, 2009	6:00 – 8:00 p.m.
Saturday, August 8, 2009	10:00 a.m. – Noon
Tuesday, August 11, 2009	6:00 – 8:00 p.m.

**Location:** Liberty Lake Park Community Room

The City of Bedford Parks & Recreation Department will be hosting a mandatory training for anybody interested in officiating the 2009 football season. For more information or to pre-register call 587-6061.



# SENIOR PROGRAMS

## *2009 Senior Lunch Trips*

<b>Dates:</b>	April 2	The Depot Grille
	May 14	Granny Bee's
	June 4	Spring House*
	July 2	El Toreo
	August 6	Shoney's
	September 3	The Pink Cadillac
	October 1	New Yorker

Bedford County Parks & Recreation sponsors a monthly lunch trip on the first Tuesday of every month. Registration is taken one month prior to trip. Cost for transportation is \$3.00 per person. Lunch is on your own. We will allow some time after lunch for various shopping and side trips.

\*Most trips depart at 11:00 a.m. but we may depart earlier or later on some of them. Ask for times when registering. Approximate return time is 3:00 P.M.

## *Senior Softball*



<b>Date:</b>	Tuesdays Beginning March 31, 2009
<b>Time:</b>	5:30 P.M.
<b>Location:</b>	Bedford County Rec Field #2
<b>Cost:</b>	\$10.00

Bedford County Parks & Recreation sponsors a senior softball team that plays every Tuesday at 5:30 P.M. at the county recreation field. There are some away games too.

This is for both male and female players ages 50 +.

## *Dealers Choice*

<b>Date:</b>	Thursdays October 2, 2008—May 28, 2009
<b>Time:</b>	1:30 to 3:30 p.m.
<b>Location:</b>	Liberty Lake Park Community Room
<b>Cost:</b>	Free of Charge

This is for all Card Players or anyone interested in learning how to play cards. Games depend on who shows up and what they want to play, but Pinochle, Bridge, UNO, ROOK, PHASE 10 and SKIPBO have been popular so far. Beginners and learners are welcome. If you enjoy cards, this is the place to find partners.





## SENIOR PROGRAMS Cont.

### *Senior YMCA Days*

**Day:** Tuesday, Thursday & Saturday  
**Time:** Any  
**Location:** Bedford Area Family YMCA  
**Cost:** \$3.00 per person per visit

Bedford County Parks & Recreation along with the Bedford YMCA sponsor a fitness program for senior adults. This includes the fitness room, pool and sauna. Just register at the Y front desk.

### *Senior Bingo*

#### FOREST RECREATION CENTER 1:00 P.M. – 3:00 P.M.

April 7, 2009      May 12, 2009  
 June 9, 2009      July 14, 2009  
 August 11, 2009      September 8, 2009

#### BEDFORD MOOSE LODGE BINGO 12:00 NOON – 2:00 P.M.

April 23, 2009      May 28, 2009  
 June 25, 2009      July 30, 2009  
 August 27, 2009      September 24, 2009

#### MONETA BINGO 12:00 – 2:00 P.M.

April 15, 2009      May 20, 2009  
 June 17, 2009      July 22, 2009  
 August 19, 2009      September 16, 2009

These dates are subject to change or cancellation due to staffing and other event conflicts, so please check with us to be sure they will be held. These are potluck affairs and everyone is asked to bring a dish to share. For more information, please call the County Recreation Department at 586-7682.

### *Elderfest 2009*

**Date:** Thursday, May 7, 2009      Friday, May 8, 2009  
**Time:** 6:00 to 8:00 p.m.      9:00 a.m. to 1:00 p.m.  
**Location:** Bedford Moose Lodge  
**Cost:** Free of Charge

This year is our 30th year celebration. The theme is 'Listen to the Music.' The Bedford County & City Parks and Recreation's celebration of Senior Citizens will be held at the Bedford Moose Lodge. Anyone 55 and older is encouraged to join in the festivities. You will be able to enjoy the entertainment, many vendors and fellowship with others. For more information call the Bedford County Parks & Recreation at 586-7682 or Bedford City Parks & Recreation at 587-6061.

## City of Bedford Recreation Department Monthly E-news Letter

### WANT TO BE IN THE RECREATION LOOP?

If you would like to keep up with athletic deadlines, new classes, programs, trips and special events offered by the city recreation department, just shoot me an e-mail and I will add you to our monthly e-news letter. My e-mail address is [baud@bedfordva.gov](mailto:baud@bedfordva.gov)  
Or, if you would rather call, the number is 587-6061.

## Bedford County Parks and Recreation Contact Information

Office Hours: 8:30 a.m.—5:00p.m.

780 Bedford Avenue, Bedford, Virginia 24523

Phone: (540) 586—7682

Fax: (540)586-9338

Cancellation Line: (540)586-7775



Director: Michael Stokes

Sr. Admin Assoc: Sharon Rose

Maintenance Cord: Buck Patterson

Program Cord: Lana Obenchain

Athletic Cord: Wyatt Woody

Office Worker: Penny Champaign

Maintenance Staff: Eddie Trail, Tammy Graham

Trail Specialist: Kenny Palmer

Operations Cord: Scott Polinek

## Bedford Area Family YMCA Contact Information

### Bedford Location:

1111 Turnpike Road,  
Bedford, Virginia 24523  
Phone: 540-586-3483

[Www.bedfordymca.org](http://Www.bedfordymca.org)

### YMCA Facilities

- State of the Art Health and Wellness Center
- Indoor Heated Swimming Pool, Spa and Sauna
- 12,000 square foot Gymnasium
- Free Weight Room
- Aerobics Room
- Soccer Fields
- High Ropes Course with a 45' climbing tower, team building course

- Teen Fitness/Recreation Area
- Outdoor Basketball/Sport Court and Pavilion
- Nursery
- Preschool
- Disc Golf Course

### Moneta Location:

1039 Mayberry Crossing,  
Moneta, Virginia 24121  
Phone: 540-296-1059



# City of Bedford Recreation Department Contact Information

City of Bedford  
Recreation Department

939 Burks Hill Rd.  
P.O. Box 807  
Bedford, VA 24523

Phone: (540) 587-6061  
Fax: (540) 587-6134  
E-mail: [baud@bedfordva.gov](mailto:baud@bedfordva.gov)



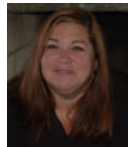
*'the best  
community in  
which to live,  
work and play'*



**Shawn Duff, Administrative Assistant—**  
General Information, Athletic Registrations, Program  
registrations, Park Reservations, Fees & Payments.



**Harry Thompson, Athletic Programmer—**  
Basketball, Baseball, Sports for Tots, Hook-A-Kid on  
Golf, Football, Cheerleading, Volleyball, Coaches and  
Officials Training.



**Becky Aud, Recreation Programmer—**  
BASE and LEAP administrator, Teen Programs, Senior  
Programs, Classes, Clubs, Special Events, Trips, and  
Brochure.



**Stuart Saunders, Assistant Youth Programs  
Coordinator—**BASE & LEAP site supervisor, Teen  
Programs, assists with special events and trips.



## Dates to Remember:

### HOOK A KID ON GOLF

March 2 – 20, 2009

### GIRLS VOLLEYBALL CAMP

Aug 31 – Sept 25, 2009

### BASKETBALL

Sept 29 - Oct 31, 2009

### PITCH HIT & RUN COMPETITION

Saturday, April 18, 2009

### BASKETBALL

Sept 28– Oct 30, 2009

### ADULT CHURCH LEAGUE BASKETBALL

Oct 20 – Nov 14, 2009

### FOOTBALL & CHEERLEADING

May 25 – June 26, 2009

### ADULT CHURCH LEAGUE BASKETBALL

Oct 19 – Nov 13, 2009

### BASKETBALL OFFICIALS CERTIFI- CATIONS

Tuesday, Dec 2, 2009

Saturday, Dec 6, 2009

Tuesday, Dec 9, 2009

### COP CAMP REGISTRATION

July 1, 2009

### BASKETBALL OFFICIALS TRAINING

Tuesday, Dec 1, 2009

Saturday, Dec 5, 2009

Tuesday, Dec 8, 2009

### FOOTBALL OFFICIALS TRAINING

Tuesday, Aug 4, 2009

Saturday, Aug 8, 2009

Tuesday, Aug 11, 2009